

Long Term Care Facility Advisory Board

2017 Annual Report

LONG TERM CARE FACILITY ADVISORY BOARD

2017 ANNUAL REPORT

SUMMARY:

During 2017, the Long Term Care Advisory Board recognized these key accomplishments.

- Members recommended adoption of changes to the Oklahoma Administrative Code (OAC): OAC 310:625, OAC 310:630, OAC 310:663, OAC 310:675, OAC 310:677, and OAC 310:680. The rules OAC 310:663, OAC 310:675 and OAC 310:680 were adopted by the State Board of Health, approved by the Governor, and effective 10/1/17. The other recommendations will be presented to the Board of Health.
- Members agreed to be key informants for research by OU Knee Center Positive Aging Initiative.
- LTCFAB received OSDH staff report on OSDH efforts to bring unlicensed residential care homes into compliance with licensure laws. LTCFAB agreed to monitor information on OSDH investigation and enforcement progress going forward as a standing agenda item.
- LTCFAB received update on information concerning the OSDH Nurse Aide Registry. The backlog of enforcement cases had been cleared.
- LTCFAB members encouraged OSDH to address the threats posed to facility residents when facility staff do not call before failing to show for a scheduled work shift.
- Members reviewed an OSDH prepared composite score card of 13 nursing home clinical quality care indicators for long-stay residents. Members encourage OSDH to continue the analysis and publication of the composite score card. The LTCFAB requested that OSDH present the quarterly score card to the Board as a standing agenda item.
- The Ad Hoc Committee on Healthy Aging focused on two objectives this year. The final Committee report indicated progress on reducing falls with injury and increasing influenza and pneumococcal vaccinations. The Ad Hoc Committee recommended continued support and surveillance of the fall prevention pilot project. The Committee also recommended replicating past interventions instead of developing new projects to address vaccinations. The Committee's final recommendation was that the LTCFAB dissolve the Ad Hoc Committee on Healthy Aging and continue monitoring the progress of these efforts by reviewing the composite score card of long-stay measures.

PURPOSE:

The Long Term Care Facility Advisory Board is authorized by Section 1-1923 of the Oklahoma Nursing Home Care Act {63 O.S. § 1-1900 et seq.}. The Advisory Board, consisting of twenty-seven (27) members, is appointed by the Governor and functions as a professional advisory body to the State Commissioner of Health.

As part of their routine activities, the Advisory Board serves as an advisory body to the Department of Health for the development and improvement of services for care and treatment of residents of facilities subject to the provisions of the Nursing Home Care Act, homes subject to the provisions of the Residential Care Act, facilities subject to the Continuum of Care and Assisted Living Act, and facilities subject to the provisions of the Adult Day Care Act. In its advisory capacity, the Advisory Board reviews, makes recommendations, and approves the system of standards developed by the Department of Health; the Advisory Board evaluates and reviews the standards, practices, and procedures of the Department of Health regarding the administration and enforcement of the provisions of the Nursing Home Care Act, the Residential Care Act, the Continuum of Care and Assisted Living Act, and the Adult Day Care Act. The Advisory Board also reviews and evaluates the quality of services and care and treatment provided to residents of facilities and residential care homes and participants in adult day care centers. The Advisory Board may make recommendations to the Department of Health as necessary and appropriate.

The Advisory Board annually publishes a report of its activities and any recommendations for the improvement of services and care in long term care facilities. The annual report is prepared for the Governor, the State Commissioner of Health, the State Board of Health, the Speaker of the House of Representatives, the President Pro Tempore of the Senate, and the chief administrative officer of each agency affected by the report.

PROVIDERS:

At the end of the State Fiscal Year for 2017, there were 689 long term care facilities operating in Oklahoma that the Oklahoma State Department of Health licenses.

- Nursing Facilities – 309
- Adult Day Care Centers – 41
- Assisted Living Centers – 176
- Continuum of Care Facilities – 18
- Intermediate Care Facilities for Individuals with Intellectual Disabilities – 87
- Residential Care Homes – 51
- Veterans Centers – 7

VACANCIES:

During 2017, the Long Term Care Facility Advisory Board had the ability to conduct official business in four of the four regular meetings (January 11, April 12, July 12, and October 11) and in the one special meeting (February 9). The Long Term Care Facility Advisory Board currently has three vacancies, which the Board recommends to be filled by the Office of the Governor. Members will work individually to encourage potential candidates to apply via https://www.ok.gov/governor/Serve_Oklahoma/index.html.

ACTIVITIES:

In January and February of 2017, members recommended adoption of changes to the Oklahoma Administrative Code (OAC) Chapters 310:663, OAC 310:675 and OAC 310:680. The rules were adopted by the State Board of Health, approved by the Governor, and become effective in October of 2017. There is substantial savings for Nursing homes and licensure facilities for changing investigation timelines. The overall savings was calculated to be \$159,873 to change to 2 day, 10 day and next onsite visit for other complaints. Continuum of Care and Assisted Living Centers could provide additional revenue with proposed fee increases.

Upon presentation by OSDH staff, the LTCFAB recommended adoption of changes to the Oklahoma Administrative Code (OAC) Chapters OAC 310:625, OAC 310:630, OAC 310:663, OAC 310:675, and OAC 310:677. The intent of the changes is to revise existing language to align with 75 O.S. §40, “Persons with Disabilities - Respectful Language”. The term used in rule has been updated to replace nonrespectful language by referring to persons with disabilities as persons first; for example, persons with disabilities, persons with developmental disabilities, persons with mental illness, persons with autism, or persons with mental retardation. The Long Term Facility Advisory Board recommends that the Oklahoma Board of Health adopt these rule changes.

Members agreed to be key informants for research by OU Knee Center Positive Aging Initiative. This new positive aging initiative started October 2016. For the research project, the principal investigators will contact interested LTCFAB Members to help gain a better understanding of what the principle concerns and needs are when it comes to the field of aging.

The LTCFAB received OSDH staff report on OSDH efforts to bring unlicensed residential care homes into compliance with licensure laws. LTCFAB agreed to monitor information on OSDH investigation and enforcement progress as a standing agenda item. OSDH and Adult Protective Services (APS) jointly created a task force to investigate unlicensed facilities. LTC will continue surveillance of unlicensed facilities. In response to the request for an ad hoc committee to be created in relation to unlicensed facilities, OSDH recommended that the LTCFAB wait and see what other information is brought forward and let APS, OSDH and the Ombudsman, who have been collaborating in relation to unlicensed facilities, work through their solutions.

The backlog of enforcement cases for the OSDH Nurse Aide Registry was cleared as of March 2017.

The LTCFAB members encouraged OSDH to address the threats posed by no call/no show staff behaviors to facility residents when facility staff do not call before failing to show for a scheduled work shift. Some members may form an Ad hoc or work group to collect data and discuss how to solve the problem surrounding no call/no shows.

The Ad Hoc Committee on Healthy Aging held their thirteenth and fourteenth meetings in 2017, and submitted its final report on October 11, 2017. The Committee had two objectives to advance the goal of improving Oklahoma's composite score. The first was to monitor the progress of the nursing home fall prevention pilot program designed by the Committee last year. The second objective was to formulate an approach to increase the percent of nursing home residents assessed and appropriately given the influenza and pneumococcal vaccines. These objectives yielded positive results. Please see Attachment A the final report of the Ad Hoc Committee, which held its final meeting on October 11, 2017.

RECOMMENDATIONS:

Members reviewed an OSDH prepared composite score card of 13 nursing home clinical quality care indicators for long-stay residents. Members encourage OSDH to continue the analysis and publication of the composite score card (Attachment B). The LTCFAB recommended keeping this as a standing agenda item.

The Long Term Care Facility Advisory Board recommends that the three vacancies on the Board be filled by the Office of the Governor. Members will work individually to encourage potential candidates to apply via https://www.ok.gov/governor/Serve_Oklahoma/index.html.

COMMITTEE REPORTS:

Members were appointed at the July 2017 meeting to form the Nominating Committee for 2018 LTCFAB Officers: William Whited, Kay Parsons, Diana Sturdevant were appointed to the nominating committee. The Chair for the nominating committee will be William Whited.

AGENDAS:

The meeting agenda items addressed various aspects of the long term care industry. The Long Term Care Facility Advisory Board allocated time at each regular meeting to discuss other long term care issues that might become the responsibility of this Board at some future date. The Advisory Board looks forward to prioritizing and addressing important issues in 2018 with the benefit of a full complement of members.

BOARD OFFICERS:

Advisory Board Officers elected on October 11, 2017 for 2018 are Alan Mason Chair, Pam Humphreys Vice Chair; and Theo Crawley Secretary / Treasurer.

MEETING SCHEDULE FOR 2018:

The following regular meetings have been scheduled for 2018: January 10, April 11, July 11, and October 10 at 1:30 p.m. at the Oklahoma State Department of Health.



**Ad Hoc Committee on Healthy Aging
Long Term Care Facility Advisory Board
Executive Summary and Final Report**

October 11, 2017

The Ad Hoc Committee on Healthy Aging held their thirteenth and fourteenth meetings on June 20 and October 11. The Long Term Care Facility Advisory Board members present were Andrew Dentino and Diana Sturdevant. Others present this year were Deputy Commissioner Henry Hartsell, Jr., Mary Brinkley, Timothy Cathey, Timothy Chrusciel, Mike Cook, Terry Cothran, Claire Dowers-Nichols, Alexandria Hart-Smith, Bethany Holderread, Patricia Ingram, Natasha Mason, Gayla Middlestead, Julie Myers, Teri Round, Crystal Rushing, and Debra Yellseagle.

The overarching goal of the Healthy Aging Ad Hoc was to improve nursing home quality as measured by the Composite Score. The Composite Score is a calculation designated by the Centers for Medicare and Medicaid Services (CMS). It consists of 13 long stay measures from the CMS Minimum Data Set 3.0 (MDS). The calculation for the score is attached to this report. The quality measures and the Composite Score calculation inform the attached OSDH Score Card, which compares Oklahoma's performance to the region and nation. According to CMS, lower composite score values indicate better clinical quality in nursing homes. The national composite score goal is six or less (≤ 6).

Toward the goal of lowering Oklahoma's Composite Score, the Ad Hoc Committee selected two objectives for 2017. The first was to monitor the progress of the nursing home fall prevention program designed by the Committee in 2015. The second objective was to formulate an approach to increase the percent of long-stay nursing home residents assessed and appropriately given the influenza and pneumococcal vaccines. The fall prevention pilot has demonstrated initial success with room for refinement. The vaccination initiative met its goals for improvement ahead of schedule. Further details about the overall progress toward the Composite Score goal and updates for both objectives follow.

Composite Score

Healthy Aging Ad Hoc Committee AIM Statement: An opportunity exists to improve quality of care delivered in Oklahoma nursing facilities as currently measured in the Composite Score, moving from 10.0 in September 2015, to 8.4 by June 2019. Efforts to do so should increase physical, mental, social and emotional well-being and functioning of residents in nursing facilities. This is important to work on immediately because the composite score represents clinical care measures that are a significant cause of morbidity and mortality.

Composite Score Data: Oklahoma's highest composite score has improved from 10.4 in October 2014 to 8.8 in July 2017, which is a relative improvement of 15.6% in less than three years. The trend line indicates that Oklahoma is on target for meeting the goal of 8.4 by June 2019. The rate of relative improvement from the October 2014 baseline has not been as great

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in Oklahoma as compared to its CMS region or the nation (Table 1). However, with the implementation of interventions beginning early in 2015, Oklahoma began to close the gap between itself and the nation. Oklahoma's score remains higher than the regional and national averages as shown in Figure 1. The CMS Composite Scores by region are listed in Table 2 and a map of the CMS regions accompanies the table as Figure 2.

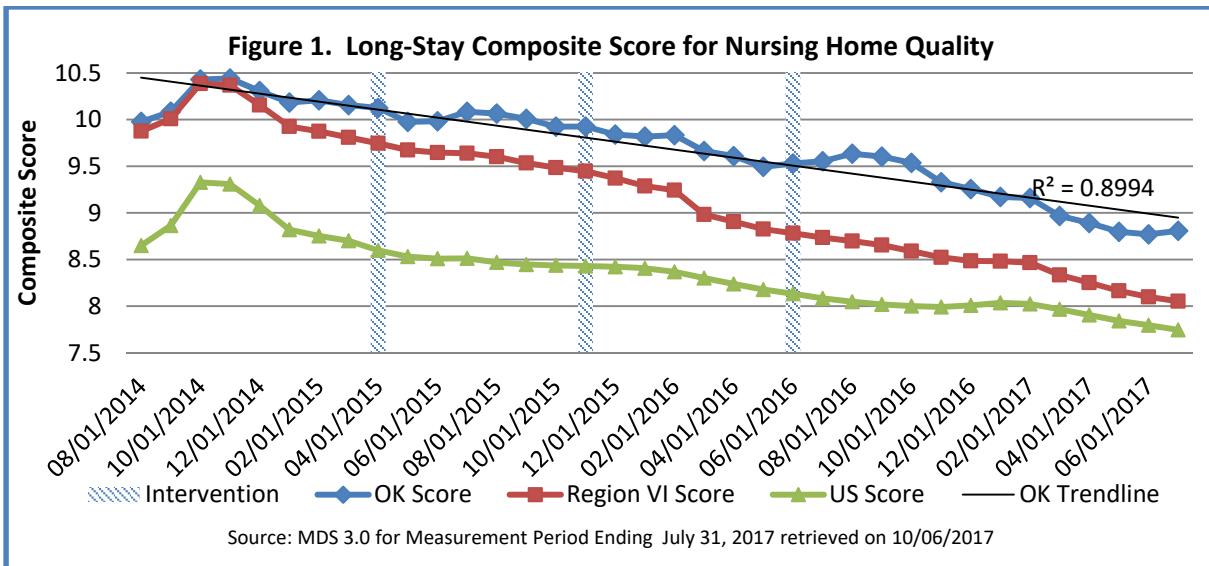


Table 1. Relative Improvement Rates Through July 2017

Baseline Date	Highest Baseline	Interventions
	10/31/2014	03/31/2015
OK Score	15.6%	13.3%
Region VI Score	22.5%	17.9%
US Score	17.0%	11.0%

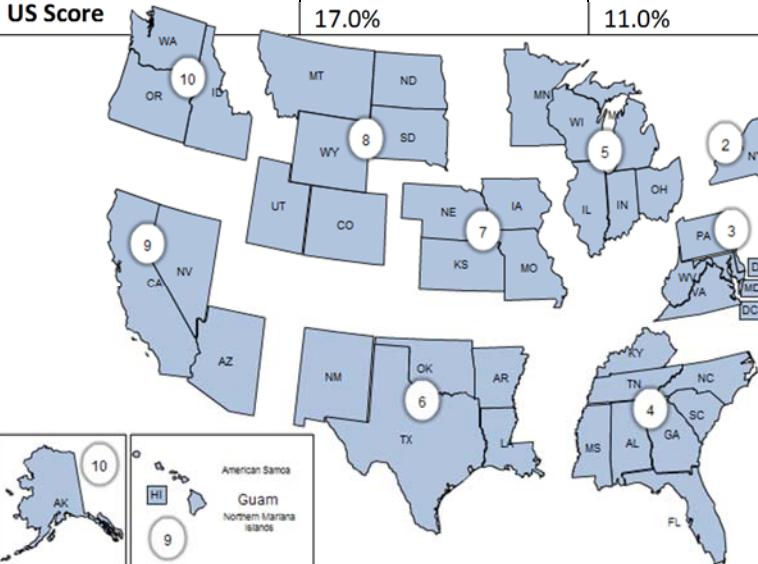


Table 2. Composite Scores

State/Region Code	Composite Score 7-31-2017
9	5.8
2	6.7
1	7.5
US	7.7
3	7.8
4	7.9
6 (OK)	8.1
7	8.2
8	8.4
10	8.5
5	8.5
OK	8.8

Figure 2. Map of CMS Regions

Source: <https://innovation.cms.gov/initiatives/regional-innovation-network/>

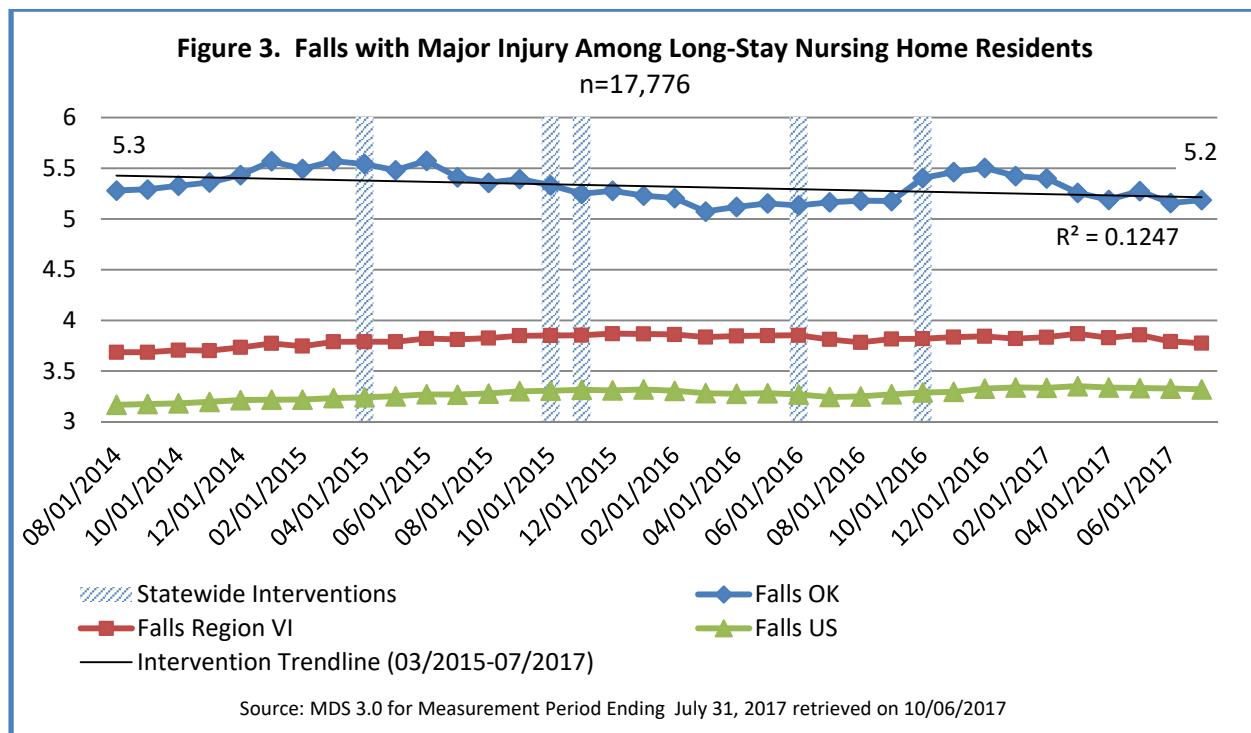
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Fall Prevention

AIM Statement for Fall Prevention: To reduce the rate of falls with major injury in Oklahoma nursing facilities starting with a rate of 5.3% in September 2014, moving through 5.0% by June 2016, to 3.0% by June 2019.

According to the Centers for Disease Control and Prevention, “one out of five falls causes a serious injury such as broken bones or a head injury. More than 95% of hip fractures are caused by falling, usually by falling sideways. Falls are the most common cause of traumatic brain injuries. Adjusted for inflation, the direct medical costs for fall injuries are \$31 billion annually. Hospital costs account for two-thirds of the total.”¹

Collaborative efforts to educate providers and enhance existing projects began in March 2015 and continue to date. The initial project design for a 12-week comprehensive program was completed in October 2015. Collaboration to reduce falls in nursing homes and in the community continued at the second Governor’s Summit on Healthy Aging in April 2016. After the baseline was set at 5.3% (09/30/2014), the rate of falls continued to increase through December 2014 to 5.6%.² The most recent data on the state’s average fall rates are shown in **Figure 3**.



¹ Source: <https://www.cdc.gov/homeandrecreationsafety/falls/adultfalls.html> accessed 10/06/2017

² Source: CMS Minimum Data Set 3.0 for Measurement Period Ending July 31, 2017 retrieved on 10/02/2017

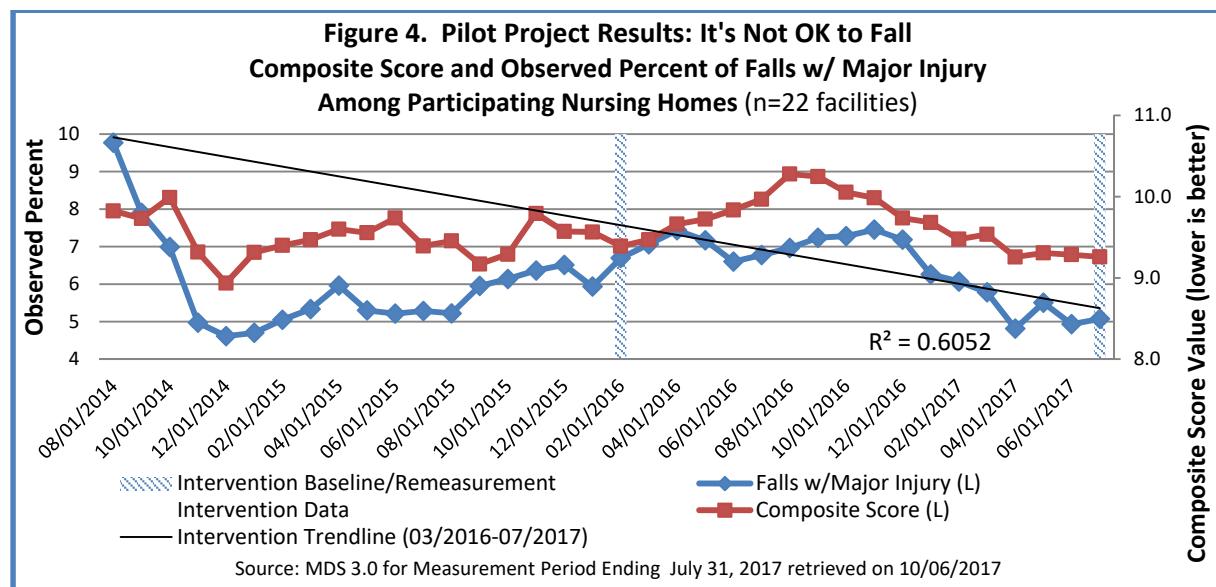
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Intervention for Falls:

Improvement has been achieved among nursing homes participating in the intervention designed by the Ad Hoc Committee. The first phase of the pilot (*It's Not OK to Fall*) included four facilities in the Oklahoma City area, then expanded to an additional 18 homes across the state. Phase two concluded in June 2017. Up to 40 additional homes will be recruited for the final phase. Due to the opportunity cost (intensive education at all levels onsite and during business hours) experienced by the participants, a limited number of nursing homes participate in this intervention. The program employs a multifaceted design of culture change principles. In addition to didactic presentations about the project, the program was displayed as a poster presentation at the Surgeon General's 2016 U.S. Public Health Service conference.

Results for Falls Intervention Pilot:

The preliminary results indicate net positive results. The fall rate of the nursing homes averaged 6.5% (12/31/2015) before the intervention and 5.1% at remeasurement (7/31/2017). The Composite Score for the cohort improved from 9.6 (12/31/2015) to 9.3 (7/31/2017).³ The data source metric has a look back scan of one year, so improvement is not immediately reflected. **Figure 4** details the preliminary falls data from the cohort. The change in the composite score and observed percentage of falls with major injury from baseline (12/31/2015) to current ending period (7/31/2017) was statistically significant.



Ad Hoc Committee Recommendation for Fall Intervention:

Project managers should use an assessment tool to determine facility readiness so that there is minimal waste of efforts and resources, which might otherwise be caused by attrition. The data should be monitored by the funding source (CMP Fund Program at OSDH) and evaluated for continued funding at the end of phase three.

³ Source: CMS Minimum Data Set 3.0 for Measurement Period Ending July 31, 2017 retrieved on 10/06/2017

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Vaccination Improvement

AIM Statement for Vaccinations: Starting with the percent of long-stay nursing home residents assessed and appropriately given the **seasonal influenza** vaccinations of 95.2% in March 2015, the aim is to improve to 96% by March 2018 with a stretch goal of 98% by March 2019. Starting with the percent of long-stay nursing home residents assessed and appropriately given the **pneumococcal** vaccinations of 87.6% in March 2015, the aim is to improve to 92% by March 2018, with a stretch goal of 94% by March 2019.

The Centers for Disease Control and Prevention (CDC) estimates that “between 71 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older and between 54 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in that age group.”⁴ Additionally, the CDC reports that each year “pneumococcal disease kills thousands of adults, including 18,000 adults 65 years or older. Thousands more end up in the hospital because of pneumococcal disease.”⁵

Intervention for Vaccinations:

Based on discussions of the March 2016 data, which indicated decreasing performance in these measures, the Ad Hoc requested an analysis of existing practices in nursing homes. In the fall of 2016 OSDH tasked a current CMP Fund Program contractor to assess practices and pilot initial efforts.

The contractor’s activities to improve the percentage of long-stay residents in Oklahoma nursing facilities that assessed and appropriately given the seasonal influenza and pneumococcal vaccines included:

- Regional meetings/trainings held in October 2016,
- Assessment of current practices (report available from October 2016-March 2017),
- Direct support to at least 40 nursing homes, and
- Data analysis to lead future efforts.

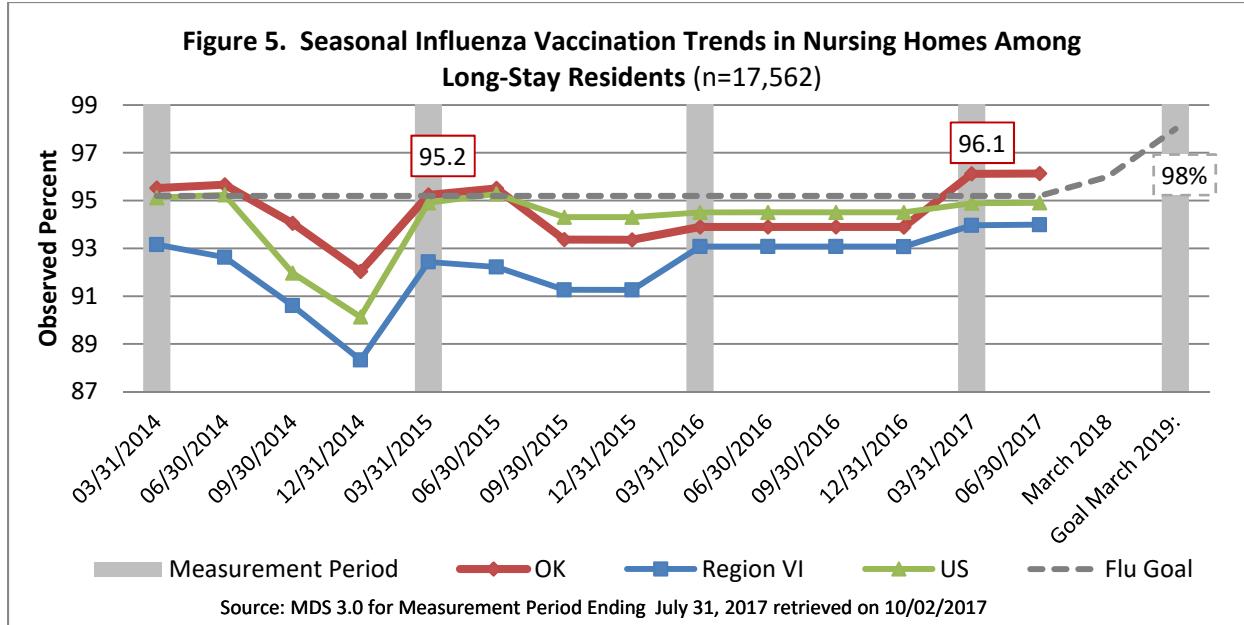
Results for Vaccination Intervention:

Results for this measure appeared more quickly than with fall prevention because it uses a look-back scan of six months (falls have a look-back scan of one year). The Committee anticipated using the data analysis to devise a new intervention or support existing efforts for immunizations. The data indicate improvement in both measures as illustrated in the following graphs. The percent of long-stay residents assessed and appropriately given the **seasonal influenza** vaccine improved from 95.2% in March 2015 to 96.1% March 2017, which exceeds the goal of 96% for 2018. **Figure 5** illustrates the trend from March 2015 through March 2017 and indicates the stretch goal (98%) of this objective.

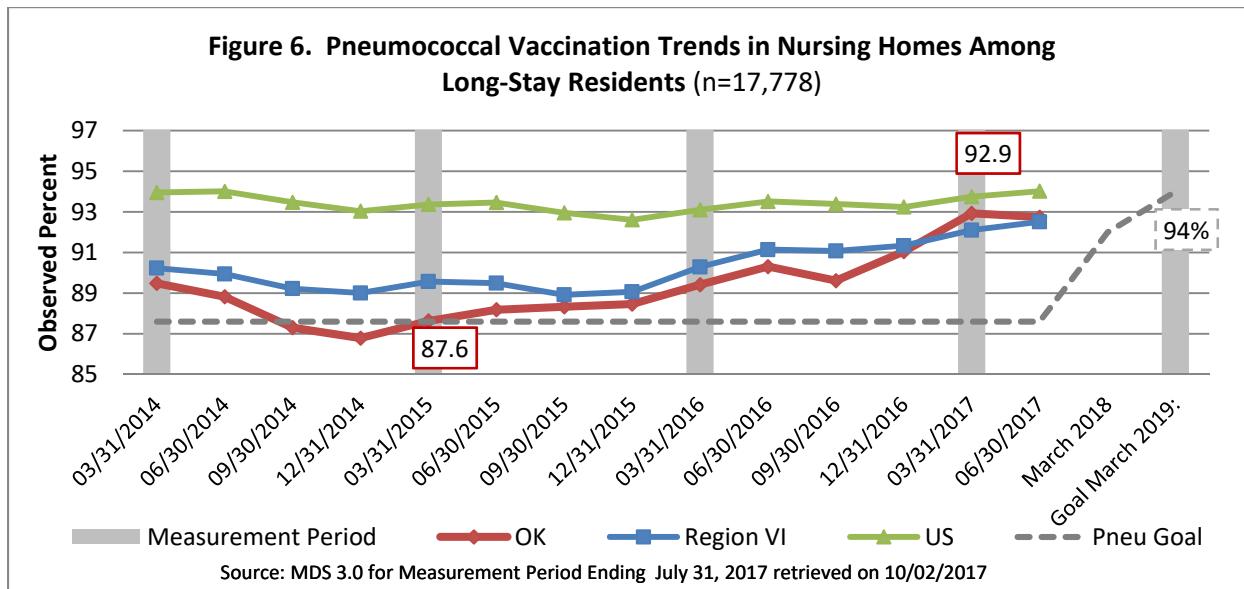
⁴ <http://www.cdc.gov/flu/about/disease/65over.htm> accessed 9/29/2016

⁵ <https://www.cdc.gov/features/adult-pneumococcal/> accessed 9/29/2016

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The percent of long-stay residents assessed and appropriately given the **pneumococcal** vaccine improved from 87.6% in March 2015 to 92.8% March 2017, which exceeded the goal of 92% for 2018. **Figure 6** illustrates the trend from March 2015 through March 2017 and indicates the stretch goal (94%) of this objective.



Ad Hoc Committee Recommendation for Vaccinations Intervention:

Given the success of the immunization pilot, the Committee recommended that OSDH staff should replicate these efforts during the next season, instead of developing a more complex, expensive intervention.

Healthy Aging Executive Summary and Final Report

Final Recommendations from the Ad Hoc Committee on Healthy Aging to the Long Term Care Facility Advisory Board

The Ad Hoc Committee has been successful in achieving many of the aims, as we strive together and improve Oklahoma's composite score for nursing facilities. The increase in key vaccinations and the reduction in serious injuries from falls will have a major impact on improving the health of Oklahomans who reside in these facilities. Specifically, these interventions addressed the following measures:

- Reduce the percent of long-stay nursing home residents experiencing a fall with major injury,
- Increase the percent of long-stay residents assessed and appropriately given the seasonal influenza vaccine, and
- Increase the percent of long-stay residents assessed and appropriately given the pneumococcal vaccine.

The data presented by the OSDH indicates positive results from the interventions, which have in turn contributed to improvement of the Composite Score. Based on the data, Oklahoma is likely to meet the Composite Score goal ahead of schedule. With this success, the Ad Hoc Committee on Healthy Aging respectfully submits this final report and recommends the dismissal of the Committee. The Committee recommends that the Advisory Board request and receive standing data reports on the quality of long term care in nursing homes such as is presented by the Composite Score Card published quarterly by OSDH.

Composite Scorecard for Oklahoma Nursing Homes

Select Long-stay metrics for the period ending June 30, 2017



This score card provides an overview of Oklahoma nursing home performance with comparative data from the region and nation. The data comes from the Minimum Data Set National Repository, which is referred to as MDS 3.0. The data for this score card edition was retrieved on September 6, 2017 for the period ending June 30, 2017. It includes a five quarter review of performance on key quality measures. These 13 metrics comprise the composite score as designated by the Centers for Medicare and Medicaid Services. The composite score is a snapshot of overall quality in nursing homes and is featured as table 14 on the bottom right of the score card. Whether the change from previous to current year for Oklahoma is statistically significant or not is indicated by the traffic light indicator where 'Red' indicates change for worse, 'Yellow' indicates no significant change and 'Green' indicates change for better.

Nine of 14 measures show statistically significant improvement from the same quarter last year (green lights), while one shows a downturn in performance (red light). Among those improving, Table 1 shows declines over each quarter in the percentage of residents who self-report moderate to severe pain. The data now show three consecutive quarters of decline in residents receiving antipsychotic medications (Table 9). This would indicate we have sustained positive movement on this national initiative.

Residents with urinary tract infections continue to decline over each of the last four quarters (Table 13). Oklahoma's rate of bowel or bladder control loss among residents has seen a statistically significant increase over last year but was unchanged from last quarter and remains below the regional and national averages (Table 4). The increase in residents needing help with Activities of Daily Living (ADL), seen in the last quarter, was halted this quarter and a small reduction achieved.

Most importantly, our combined composite score of 8.8% (Table 14) continues to reflect statistically significant improvement. Over the last twelve months, the gap between Oklahoma and the national composite score narrowed from 1.5 percentage points to 1 percentage point. The gap between Oklahoma and the regional composite score also narrowed.

Statistically Significant Change: Previous to Current Year - Oklahoma	
Improved Performance Measures:	Worsened Performance
Self-reported pain (Table 1)	Low-Risk Residents Who Lose Control of Their Bowels or Bladder (Table 4)
Catheter in Bladder (Table 2)	
Residents Physically Restrained (Table 5)	
Residents Receiving Antipsychotic Medications (Table 9)	
Influenza vaccination (Table 10)	
Residents with Depressive Symptoms (Table 11)	
Pneumococcal vaccination (Table 12)	
Urinary tract infections (Table 13)	
State Composite Score (Table 14)	

Note: Statistical significance was determined based on the 95% confidence interval.

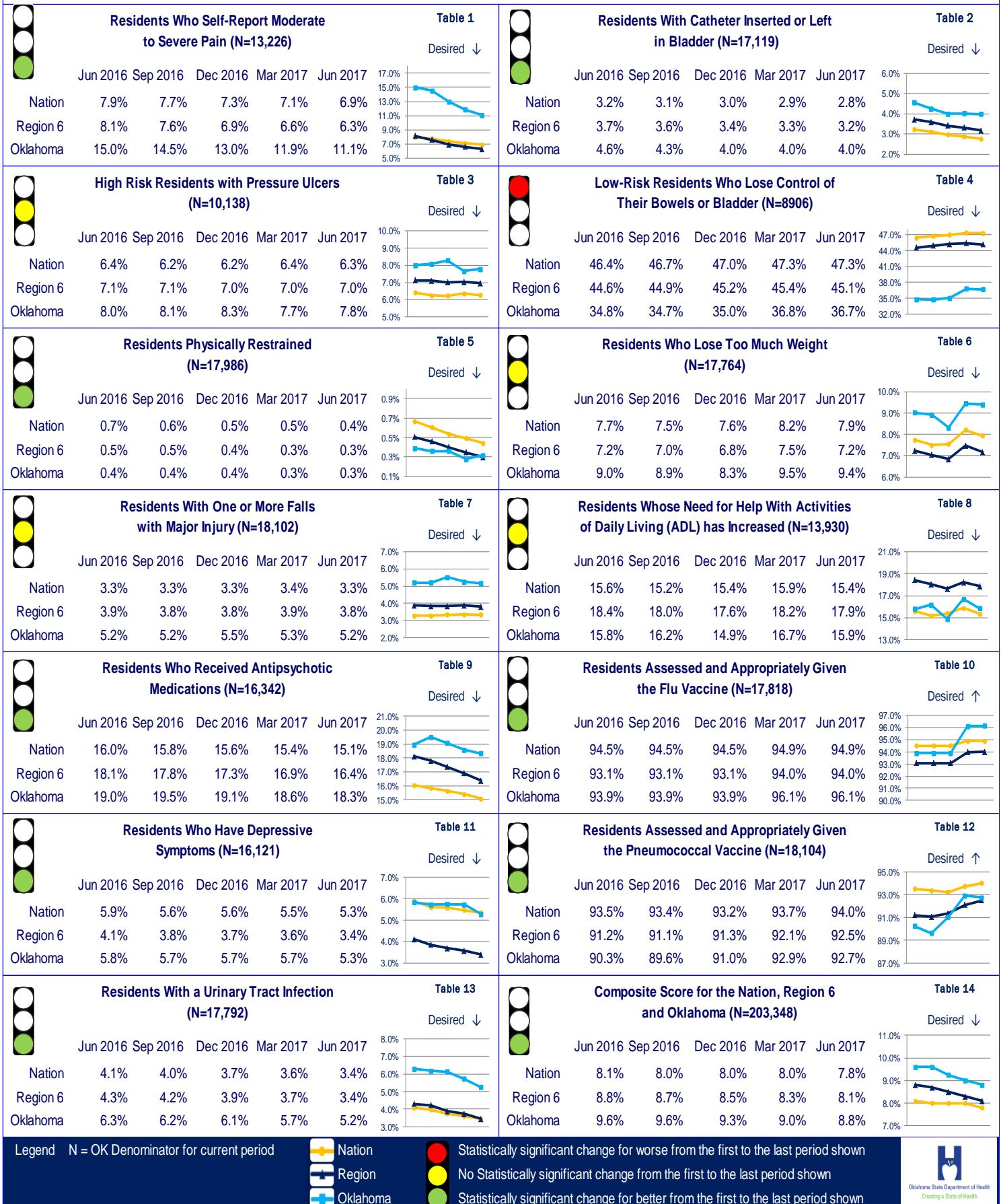
Email QIEShelpdesk@health.ok.gov for more information.

Composite Scorecard for Oklahoma Nursing Homes

Long-stay metrics for the period ending 06/30/2017

Source: Minimum Data Set (MDS) National Repository

Run Date: 09/06/2017



Legend N = OK Denominator for current period



Statistically significant change for worse from the first to the last period shown

No Statistically significant change from the first to the last period shown

Statistically significant change for better from the first to the last period shown

